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Your essential daily news

Look, up in the sky, it's supermoon — the closest to Earth in almost 70 years. **Canada**

HEALTH

# $55M for Ottawa cancer research

**Adam Kveton**
For Metro | Ottawa

What if you could go to the hospital, get hooked up to an IV bag and have your cancer destroyed by a virus?

You'd expect maybe a few flu-like symptoms, but nothing like chemotherapy. And from then on, your body is immune to that particular cancer.

That's the hope of several Ontario scientists who are pioneering the use of a specially engineered virus to do just that.

It may sound too good to be true, but the scientists — now under the start-up company name Turnstone Biologics Inc. — just got a massive vote of confidence to the tune of $55.8 million. The new investment of private funds from the United States will allow the company to complete human trials with the goal of proving their technique is safe and that it works.

Turnstone's research is led by three scientists: Dr. Brian Lichty from McMaster University; Dr. David Stojdl from CHEO and the University of Ottawa; and, Dr. John Bell, senior scientist at The Ottawa Hospital and a professor at the University of Ottawa.

Bell said the investment still represents a gamble.

"Within the next five years, we hope to be in a position where we know it really works or it really doesn't work," he said.

The treatment is created by taking a Maraba virus (found in sandflies in Brazil) and specially engineering it to attack cancer cells identified by particular proteins unique to those cells.

There is already a virus therapy in use in the United States, which attacks melanoma (skin cancer). However, that virus, based on a herpes virus that causes cold sores, must be injected directly into tumours for it to work, said Bell.

Turnstone's Maraba virus could simply be injected into the blood stream, allowing it to find the cancer on its own.

This group of Ontario scientists is working on a virus treatment they hope will be able to kill various kinds of cancer. CONTRIBUTED

# Trump victory leaves bitter taste for baker

POLITICS

## Obama cookie creator won't invent one for election victor

**Adam Hemens**
For Metro | Ottawa

Don't expect to take a bite out of a cookie version of Donald Trump any time soon.

Moulin de Provence bakery — home of the famous "Obama cookies" — isn't planning on making a special treat for the U.S. president-elect, according to store manager Maxime Lemay.

"We're not a fan of Trump. I'm not doing any Trump cookies," he said.

There haven't been any requests for a Trump cookie, but Lemay said he might reconsider if enough people want to take a bite out of The Donald.

"I don't think we have a lot of Trump fever here. But if a lot of people ask, maybe we'll do it," he said. "But on my own terms, I don't plan on making them."

Some customers feel the same way, and have asked the bakery not to make any special treats in honour of Trump.

"According to what I've been hearing from customers, there's not too many fans of him. Customers have told me not to do the Trump cookies," said Jorge Martinez, a manager at the bakery.

Moulin de Provence store manager Maxime Lemay says the bakery has no plans for a Trump cookie. AARON HEMENS/FOR METRO

Lemay had plans to market a "Hillary Clinton cookie," but had to scrap the idea after the final results of the election.

"We actually did a Hillary cookie. We made them the day before because I was 100 per cent sure she was going to win. I made 100 cookies, but we had to recycle them," Lemay said.

As for the Obama cookies, Lemay said that they're here to stay.

"He's done now, but we're gonna keep them. I hope that he'll come back. He can come back — maybe not as the president — but it would be nice to have him back," he said.

Obama visited Ottawa in February 2009 and made a quick stop at the bakery to buy a simple shortbread cookie in the shape of a maple leaf that had "Canada" written on it. Since then, these cookies have been famously known as "Obama cookies."

"Obama cookies" remain popular to this day, selling "a couple thousand every weekend," Martinez said.

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MENTAL HEALTH

# New website to showcase artistic value of venting

**Aaron Hemmens**
For Metro | Ottawa

**Erin Chapman** AARON HEMENS / FOR METRO

For those who use art as an outlet to blow off steam, there's a website to give art and discussions about mental health a bigger platform.

Its creator Erin Chapman, a communications student at the University of Ottawa, calls it The Ventilation Movement.

"The idea came to me more from my personal experiences, because I'm a dancer. Whenever I'm in a dark time or just going through something, I usually just write down how I feel or I dance," she said.

It aims to function as a showcase for artists to address issues surrounding mental health through artistic means.

"Every month I want to update the website with new content with new artists who want to showcase their work," she said.

It has pages dedicated to dance, music and written work. Chapman plans to add pages devoted to subjects such as visual art, theatre, and sculpture

"I love it because you can share your work with other people, but you don't exactly have to say what's wrong because art and dance are so open to interpretation."

The idea had been dancing in Chapman's head for about two years, but it came to life in October when a school project required that she build a website.

"People can ventilate all their problems, but not actually directly say what's wrong," she said. "It gives the artistic community a chance to be seen…it serves as a reminder to other people that they're not dealing with these things alone."

Chapman said it serves as a way to shine a light on the artistic community, and combat the stigma surrounding mental health.

"If someone's mentally ill it doesn't mean that something is wrong with them. It just means that they have a different way of thinking and they're dealing with their own personal struggles, and sometimes art is the best way to express yourself," she said.

With the assignment due in December, Chapman wishes to continue to work on the project after she reaches her deadline, and hopes it grows into a forum to campaign for mental health.

In the future, Chapman dreams of hosting gallery nights and art showcases to raise money for mental health organizations like the Paul Hansell Foundation and Do It For Daron.


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- Capacité à travailler dans un environnement en constante évolution;
- Sens de l'organisation et gestion des priorités;
- Capacité d'adaptation, tolérance au stress;
- Capacité à travailler en équipe;
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Bells Corners' Whiprsnapr Brewing has just turned two and Hintonburg's Beyond The Pale is maturing at four. COURTESY OTTAWA CRAFT BEER CALENDAR

# Happy brew-thday

## ...and the craft beer is flowing in celebration

THE BOTTLENECK

**Jordan Duff**

Two local breweries are celebrating birthdays: Bells Corners' Whiprsnapr Brewing has just turned two, and Hintonburg's Beyond The Pale is now four.

At four, BTP is now one of Ottawa's craft beer greybeards (just don't tell them that). They opened at the onset of the city's craft beer explosion and they rode that hoppy wave as it washed over the 613. Now industry vets, they are the ones offering sage advice and helping new breweries get started — paying it forward after all the help they got when they first opened.

BTP co-owner Rob McIsaac says their new brewing facility at City Centre has been a game changer. It just doubled in size to allow for more BTP brews. Plus the LCBO is selling their Pink Fuzz and Aromatherapy brews at 29 locations. They are planning to open a tap room soon at the City Centre location.

To celebrate their big day, BTP is throwing a carnival-themed party on Dec. 3 at the Horticulture building at Lansdowne.

"We're excited about throwing a carnival, and figured, who wouldn't want a carnival for their fourth birthday?" McIsaac said. "We're bringing in some live circus acts, we'll have games, and costumed carnival folk."

The people behind Beyond the Pale do have a reputation for throwing a good party, so expect an all-out jam under the big top.

Whiprsnapr's head brewer, Ian McMartin, says they've already passed many milestones. Volunteer group Wrecking Crew is still helping them brew, sample beer and eat pizza. They've upgraded their brew house to a 20-barrel system to meet the increased demand now that they are available at the LCBO, the Beer Store and some grocery stores. The team has grown, with a new brewer, driver and sales representatives.

They are also giving back to the community through fundraisers like last month's Haunted Brewery to support local initiatives like DIFD, FAMSAC and several local cancer-fighting charities.

They are also now working with the Algonquin College's School of Hospitality and Tourism providing advice to students.

## LOCAL HOP-PENINGS

**Beau's Rwanda Craft Brewery**
Last call for Beau's Rwanda Craft Brewery project. Their Kickstarter campaign ends Nov. 18. Check out beaus.ca/rwanda

**Pumpfest**
Start pumping. Pumpfest is Nov. 15 from 5-10 p.m. at the Lieutenant's Pump.

It will feature 13 local breweries serving more than 50 brews, with all of the proceeds going to the Ottawa Food Bank and Big Sky Ranch Animal Sanctuary.

**Gouda news**
Bicycle Craft Brewery's third annual beer-and-cheese pairing is back Nov. 19 from 2-5 p.m. at the brewery.

**Makin It Grain**
Dominion City Brewing Co. has assembled an all-star cast of chefs, butchers, brewers and bakers to present the five-course extravaganza Makin It Grain.

**Brewmaster's Dinner**
Craft Beer Market is hosting a Brewmaster's Dinner on Nov. 19 with Calabogie Brewing. They are also hosting another edition of Bend + Brunch Nov. 26 (yoga, brunch and a Radler/Kombucha). Tickets on craftbeermarket.ca/ottawa and eventbrite.

**Stray Dog Brewing**
For those who thought east Ottawa was under-beer served: Stray Dog Brewing has opened in Orleans.

**Wooden Sky**
Big Rig Brewery's Tap Room series continues with Wooden Sky on Nov. 26 at the Kanata taphouse. Tickets at universe.com

# Our history gets a rewrite

CANADA'S 150TH

## Anthology project seeks sci-fi authors to play what-if

Haley Ritchie
Metro | Ottawa

Sir Wilfrid Laurier said the 20th century would belong to Canada.

To be fair, it didn't quite turn out that way, but what if it had?

In honour of Canada's 150th birthday, Bundoran Press Publishing House is planning a science fiction anthology exploring alternative histories and futures. What would have happened had the country taken a very different turn?

"Suppose in 1940 the interventionists had failed in America. What if it had completely closed its borders, which was a real possibility at the time?" proposes author Hayden Trenholm.

Hayden Trenholm supposes the Manhattan Project had happened in Montreal. HALEY RITCHIE/METRO

"Instead of all those scientists congregating in Chicago to build the Manhattan project, suppose they'd congregated in Montreal and Canada had become the first world nuclear power. Think of how that would have changed the entire dynamic of history from 1945 onwards.

> **Change one thing and everything changes.**
> Hayden Trenholm

"We would have been viewed as the world's police. Suddenly Canada's whole character would have been challenged," he explained. "Change one thing and everything changes."

Trenholm's anthology, titled 49th Parallels, will be filled with short stories by authors across Canada exploring unexpected twists in the country's history and future.

Trenholm is crowdfunding on IndieGoGo to raise some extra money to better pay writers.

So far he's raised around $1200 for the project, which will be published in fall 2017.

The writers submitting to the anthology will have 150 years to choose from to warp history – including the invention of penicillin, the first radio transmission across the ocean or even confederation.

"The real purpose of doing that is of course to turn a mirror on the society we now have," said Trenholm. "People tend to think that the way things are is the way things had to be – but of course that's not true."

As for the suggestion that his authors will have some dark inspiration from President Trump – Trenholm admits it could be the perfect example of "an alternative future we weren't expecting."

## IN BRIEF

**Shooting on Catherine sends man to hospital**

Ottawa continued a recent trend of weekend violence on Friday.

Police were called to the Ottawa Civic Hospital around 5:45 p.m. on Friday, after a 21-year-old man arrived in critical condition with a gunshot wound.

Police traced the shooting to the 400-block of Catherine Street. The police guns and gangs unit is investigating. METRO

**Three workers rescued at LRT construction site**

Three underground construction workers had to be rescued Thursday from a downtown LRT tunnel at Waller Street and Laurier Street.

The three men called for help after some reinforced steel came loose during concrete application. One suffered a minor hand injury.

The incident was not related to the sinkhole, said general manager of transportation John Manconi. METRO

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#WomenOnBoards

A four-part Metro special focus

# ‘No reason boards can’t be 50/50’

EQUITY

## Gender parity lacking beyond federal cabinet, analysis shows

Ryan Tumilty
Metro | Ottawa

Prime Minister Justin Trudeau’s concise “Because it’s 2015” explanation of why it was important to him that an equal number of men and woman make up his cabinet gave many people hope that gender parity would extend beyond his ministry.

But an analysis by Metro reveals federal Crown corporations still have a way to go before their boards are comprised of as many woman as men.

There are a total of 399 appointees spread out across the various boards of directors of the 42 federal Crown corporations. Of those, 135 appointees — or 34 per cent — are women.

Some fare better than others when it comes to the number of women on their boards. Women hold eight of the 10 seats on the Canadian Museum for Human Rights’ board of directors. Over at the International Development Research Centre, seven of the 12 board members are women.

Two Crown corporations — the Canadian Dairy Commission and the Laurentian Pilotage Authority — have no women on their boards.

Many others — including highly influential Crown corporations such as the Bank of Canada (which has four women on its 15-person board) and the Canadian Mortgage and Housing Corporation (which has two women and three vacancies on its 12-person board) — are made up of mostly men. The federal cabinet appoints board members to Crown corporations, typically to multi-year terms.

Raymond Rivet, director of media affairs with the Privy Council Office, said changing the makeup of the boards is something the government is working on.

“To help the government achieve these goals, the Privy Council Office works with the responsible ministers’ portfolio departments and organizations to help ensure that recruitment strategies and outreach are aligned with these objectives,” he said in an email.

“Candidates for (board) positions complete an online profile, where they provide information on their second official language proficiency, and voluntarily self-identify as a member of an employment equity group,” he said.

Economic Development Minister Navdeep Bains introduced a bill earlier this year, C-25, which if passed will require publicly traded companies to disclose the gender makeup of their boards.

Neither Bains nor Status of Women Minister Patty Hadju was available for an interview, despite repeated requests by Metro over several days.

Equal Voice spokesperson Nancy Peckford, whose organization advocates for more women in political office, said the numbers — while better than the gender balance on corporate boards in the private sector — show the government still has more work to do.

“I would say the number is encouraging,” she said. “It shows absolutely there is more work to be done.”

The government should take a closer look at the boards of its Crown corporations to determine which ones need a better balance of women and men when it comes time to appoint new members, she said.

“We believe there is no reason that those boards can’t be 50/50 men and women,” she said.

Equal Voice encourages women to seek political office, though Peckford notes they often need more prodding than men to do so. She says she hopes the government continues its efforts to reach out to women.

“Women tend to question their own skill sets and their value at some of these tables more than their male counterparts,” she said. “I don’t think it’s a lack of commitment. I just think it’s putting all the wheels into motion.”

There are a total of **399 seats** on Crown corporation boards and **135 women** and **264 men** currently occupying those seats. That’s almost **two men for every woman**

### ABOUT THIS SERIES

**THIS WEEK** Metro will look closer at the Crown corporations that the federal government oversees, which **our analysis shows are overwhelmingly male.**

Many of these Crown corporations have huge influence on the lives of Canadians, from the interest rates they pay banks, to mail delivery to airport security.

### AT A GLANCE

Some Crown corporation boards fare better than others.

**Boards without any women:**
- Canadian Dairy Commission
- Laurentian Pilotage Authority

**Boards with a majority of women:**
- Canadian Museum for Human Rights
- Federal Bridge Corporation
- National Arts Centre
- International Development Research Centre

### WHAT YOU CAN DO

The federal cabinet appoints new directors to Crown corporation boards when positions open up. You can advocate for more diversity by contacting your MP and with the hashtag **#WomenOnBoards.**

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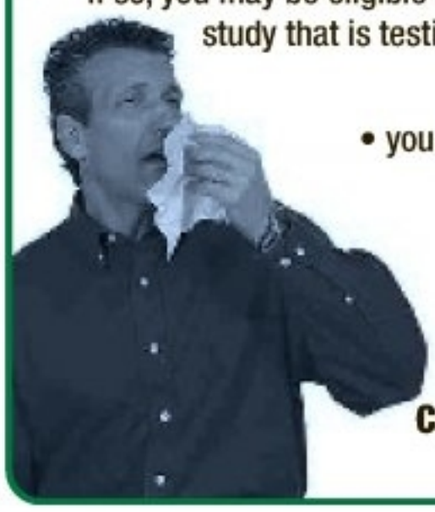

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ROGERS™

# Cold War chill in air for Cuba visit

POLITICS

## Trump's shadow looming large over Trudeau's travel plans

The chill of the Cold War will run through Cuba when Prime Minister Justin Trudeau arrives in the country this week.

The warming of relations between Cuba and the United States could end next year when Donald Trump takes over as president, backed by a Republican-controlled Congress that has vowed to renew sanctions and roll back the re-opening of diplomatic relations.

Rather than having a chance to stake out more space for Canadian businesses being muscled out by American companies coming into Cuba, experts say Trudeau is now walking into a Cuba that's newly hesitant about further thaws in the American relationship.

"Everybody is slipping back into the Cold War ruts that have existed there for 50 years," said Karen Dubinsky, an expert on Canadian-Cuban relations from Queen's University in Kingston, Ont. "That's really a possibility on both sides."

Trudeau's short trip to Cuba is the first stop in a week of travels that will see him make a stop in Argentina before heading to Peru for the APEC leaders' summit.

> **Everybody is slipping back into the Cold War ruts.**
> Karen Dubinsky

The visit is likely to give the Cubans some sense of stability, knowing that America's largest trading partner and neighbour wants to maintain normal relations, said John Kirk, a professor in the department of Spanish and Latin American studies at Dalhousie University in Halifax.

The Trudeau name should mean a warm welcome for the prime minister. His father's visit 40 years ago is still remembered fondly by Cubans; former Cuban leader Fidel Castro was an honorary pallbearer at Pierre Trudeau's funeral in 2000.

Canada and Mexico were the only two Western countries to maintain diplomatic ties with Cuba when the United States severed connections to the island nation in 1961.

John Diefenbaker's subsequent decision to stay out of the Cuban missile crisis in 1962, and Pierre Trudeau's visit to Cuba in 1976 — the first NATO leader to visit the country — cemented Canada's political independence from Washington on the world stage.

Things changed in December 2014 when Obama announced a thawing in the relationship after months of secret meetings with Cuban officials — meetings that were quietly hosted in Canada.

Carlo Dade, an expert on Latin America, said Obama's decision to normalize relations with Cuba was a vindication of Canada's foreign policy. THE CANADIAN PRESS

Prime Minister Justin Trudeau met with the Hadhad family after sharing their success story at the United Nations. PEACE BY CHOCOLATE/THE CANADIAN PRESS

# 'A very, very special' treat

A Syrian refugee family who built a chocolate business in Nova Scotia had their product sampled by a special sweet-toothed Canadian — Prime Minister Justin Trudeau.

Tareq Hadhad and his father, Issam, had an unexpected meet-and-greet with Trudeau during his trip to Sydney, N.S., last week.

A video of Thursday's encounter shows Trudeau embracing both men and calling the Hadhad family "an extraordinary example of the kind of strength and leadership and engagement that comes with bringing new people to Canada."

"He had been following the story for a while," Tareq Hadhad said Sunday in an interview. "He was so excited. When he came, he knew our names, he hugged us … It was a very, very special thing for us." THE CANADIAN PRESS

# 'The population is not going to recover'

For an endangered species of killer whales, the loss of a young female has some experts worried that the population may reach a point where it stops growing.

There are only 80 killer whales among the southern residents — a clan of orcas that lives in the waters off southern B.C. and Washington State — and the death of each female is a lost opportunity to increase the pod. Ken Balcomb, senior scientist for the Centre for Whale Research, said the recently deceased orca called J28 follows a trend of females dying late in pregnancy or not long after giving birth.

"This has got to stop," he said. "The population is not going to recover if we don't have reproductive females."

J28 gave birth to a male calf last year. Researchers noticed something was wrong last January, Balcomb said, when she began losing weight. The 23-year-old orca died in October — her calf also looked thin, and Balcomb said his survival without a mother was unlikely.

J28's body was not recovered so the cause of death is uncertain, but Balcomb suspects inadequate food and toxins are to blame. THE CANADIAN PRESS

On the left, J28 is in robust condition and pregnant. One year later, on the right, she and her calf, J54, appear thin. VANCOUVER AQUARIUM/COASTAL OCEAN RESEARCH INSTITUTE/THE CANADIAN PRESS

## IN BRIEF

**Would-be Tory leaders clash**

A two-hour debate Sunday among nine rivals for the federal Conservative leadership often morphed into an autopsy of the party's ill-fated 2015 election campaign. Candidates clashed over whether to make party membership free, called for a more positive message to Canadians and lamented the party's failure to master social media.

"We need to build a much bigger Conservative party," Ontario MP Michael Chong said. THE CANADIAN PRESS

**Huge moon on Monday**

Canadians may want to turn their eyes to the night skies on Monday if they want to see the moon pass closer to the Earth than it has in almost 70 years.

According to NASA, the so-called "supermoon" will be the closest full moon to earth since 1948, and it won't be as close again until 2034.

The moon was expected to be at its closest just before dawn on Monday, and almost equally as visible Sunday and Monday nights. THE CANADIAN PRESS

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# Trump picks chief of staff

U.S. POLITICS

## Former head of right-wing Breitbart site given the job

Reince Priebus
THE ASSOCIATED PRESS

President-elect Donald Trump named Republican Party chief Reince Priebus as White House chief of staff and conservative media owner Stephen Bannon as his top presidential strategist, two men who represent opposite ends of the unsettled GOP.

In bringing Priebus and Bannon into the White House, Trump is making overtures to both traditional Republican circles and the party's anti-establishment wing, which helped fuel the businessman's political rise.

Priebus has deep ties to GOP congressional leaders, particularly House Speaker Paul Ryan. Bannon previously ran the Breitbart website, which was fiercely critical of Republican leadership, including Ryan.

Bannon was notably given top billing in the press release announcing the appointments, a curious arrangement giving that White House chief of staff is typically considered the most powerful West Wing job.

Under Bannon's tenure, the Breitbart site pushed a nationalist, anti-establishment agenda and became one of the leading outlets of the so-called alt-right — a movement often associated with white supremacy and a defence of "Western values."
THE ASSOCIATED PRESS

## metro IN PARIS

PHOTOS BY LANCE MCMILLAN/FOR METRO

# Remembering the lost, one year later

**Lance McMillan**
For Metro in Paris

Despite the city still being on high alert, many in Paris weren't deterred from coming out to vigils to remember the lives were taken one year ago.

At Place de la République, people holding signs saying "free hugs" waited for anyone who was in need of an embrace — many were.

Outside the Bataclan, which only just re-opened Saturday to a sold-out Sting concert, visitors lit candles and left flowers.

Across the street from the concert hall, a piano was rolled out for anyone who wanted to play a tune for the crowds that had gathered. Mistakes didn't matter here. The emotions that exuded from every song overwhelmed the senses and brought many to tears.

The most moving moment came as one woman played the late Leonard Cohen's Hallelujah as strangers locked arms with each other another and swayed back and forth while singing along.

# New Zealand hit by deadly quake

A powerful earthquake struck New Zealand's South Island early Monday, killing at least two people, damaging buildings and infrastructure, and prompting emergency services to warn people along the coast to move to higher ground to avoid tsunami waves.

The magnitude-7.8 earthquake struck just after midnight in a mostly rural area that's dotted with small towns. Near the epicentre, it opened up snaking fissures in roads and triggered landslides.

It caused damage in Wellington, the capital, more than 200 kilometres to the north and was also strongly felt in the city of Christchurch to the south. Residents said the shaking went on for about three minutes, and was followed by a number of strong aftershocks.

A road in Wellington on Monday.
ROSS SETFORD/SNPA/ASSOCIATED PRESS

Police said one person died in the small coastal town of Kaikoura and another in Mt. Lyford, a nearby ski resort.

The quake completely cut off road access to Kaikoura, said resident Terry Thompson, who added that electricity and most phones were also down in the town of 2,000, a popular destination for tourists taking part in whale-watching expeditions. THE ASSOCIATED PRESS

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metro VIEWS
Your essential daily news
Monday, November 14, 2016

**URBAN ETIQUETTE** **ELLEN VANSTONE**

## THE QUESTION

# I held the door open for someone at a very busy chicken place and then they cut in front of me in line. Do I accept this?

Dear Ellen,

Whenever possible, I hold the door for people, but at my local Portuguese barbecue chicken place, the line is always long and the service (unlike the chicken) leaves a bit to be desired. The last two times I went, I reached the door a millisecond ahead of the next patron, and both times I held the door open, and let them enter before me. But neither time did the other patron say anything like "You held the door; of course I won't go ahead of you in line." No, both times they happily let my door holding allow them to be served ahead of me. In total, I lost several minutes to my door manners.

Do I need to hold the door when I can see it leading to inconveniences? And am I wrong to think that people shouldn't use door-holding as an excuse to add to the frustrations of the person kind enough to hold it?

Door Holder

Dear Door Holder,

There's something about people cutting into a line that brings out the child in some of us — possibly because it harkens back to that horrifying childhood moment when we realize *the world is not fair*. Our loss of innocence begins on the day we find out that, even if we behave properly and follow the rules, no one can guarantee we'll get the justice we deserve.

I personally find it enraging when people crowd onto the streetcar ahead of me after I've politely queued behind everyone who was there before me. It's also super annoying when you're at the supermarket checkout with one item, and someone with a full cart dives ahead of you.

I'm ashamed to admit how much time I spend thinking up "cutting" remarks that will shame them into better manners, which would be ironic since the remarks I come up with would be blatantly rude.

**After the vitriol of the U.S. campaign, I realized how stupid I was to get mad at people who cost me a few nanoseconds.**

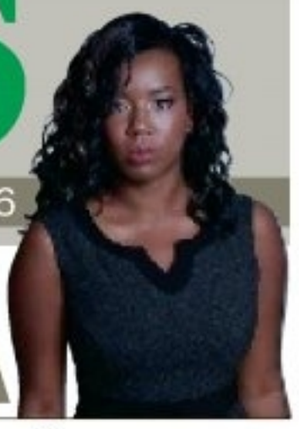
Believe it or not, the U.S. election last week improved my attitude. Regardless of whose side you were on, I'm sure most people felt trepidatious, even up here in Canada, as to what would happen.

So I was hyper-aware of everyone around me as I set out to pick up a Metro News from the corner box, and walk to my local café. I had to dodge the usual late-for-work drivers wheeling through right-hand turns without looking and pedestrians weaving all over the sidewalk as they stared at their phones. But I dodged them without my usual sense of angry indignation. After all the nasty vitriol of the campaign, followed by Hillary's gracious high-road concession speech, I realized how stupid I was to get mad at people who cost me a few nanoseconds here and there.

If you want to be polite, you have to accept that sometimes it can result in inconvenience. What I see when you open the door, stand aside and generously let someone else go ahead of you in line is a generous and well-mannered person who is making the world a better place.

**Need advice?**
**Email Ellen:**
scene@metronews.ca

**VICKY MOCHAMA**



# Glamour magazine defines 'woman' in mysterious ways

The era of women is over.

"What era?" you ask.

"I can't hear you over this buzzing sound," I would answer. The buzzing sound is thousands of women opening up Glamour magazine to find that Bono from popular iPhone band U2 is one of their Women of the Year.

"Is Bono a woman?" you ask.

"Bono is not a woman," I would answer. I know this because I am a woman. And Bono doesn't know our secret handshake.

None of this matters to Cindi Leive, Glamour's editor-in-chief, who said, "The idea that a man who could select any cause in the world to call his own, or no cause at all, is choosing to work, and not just for one night or at a special event, but consistently day after day and month after month on behalf of women, is incredibly cool and absolutely deserves applause."

Bono's anti-poverty work is deserving. His philanthropic range is admirable: Product RED, the ONE campaign, making Paul Martin seem cool.

Still, and maybe it's just nitpicking, but he's not a woman. What Glamour sees as overdue recognition is irritating.

First, Bono identifies as a man. He just does. Call him your man of the year. Invent a word (may I suggest GlamMan?) but don't confer the honour of womanhood on him when he neither needs nor wants it. We needn't condescend to men.

This seems like the start of a troubling pattern. Are human women passé now? Is there some kind of fatigue with corporeal female beings? When the UN named Wonder Woman as their ambassador, we should have known that it was the beginning of the end.

I haven't checked the statistics, but a quick survey of the women I know shows that they haven't been recognized as a Glamour Woman of the Year. Even if we are running out of women, there are at least a few left who haven't been recognized. Or maybe we are out of women. Surely someone would have noticed if the global population of women were rapidly declining.

We should be cautious in how we reward men who work on behalf of women. For every Bono, there are likely thousands more women working in decidedly unglamorous conditions who will go unrecognized. Even in Bono's case, there are so many women who make it possible for his work to even have any impact — African grandmothers for one.

As women from different political backgrounds contend with the Hillary Clinton loss, the spotlight should stay on the women who do the tough, uphill and unglamourous work of advocating for women's lives.

Let's be wary of giving men a standing ovation when human women still barely get a round of applause.

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metro LIFE

Your essential daily news

Lego won't advertise in Britain's Daily Mail anymore because of paper's anti-immigrant stance

# Living for tomorrow instead of just today

Daniel and Emily Teo set up their own financial systems in order to avoid pitfalls with money. As a result, they have paid off their student loans, travelled and bought property in Toronto. The engineers share their tips for fellow millennials on a personal finance blog called Urban Departures. CONTRIBUTED

PERSONAL FINANCE

## Getting by in life 'paycheque to paycheque' a growing reality

Melissa Dunne
For Metro Canada

Even Drake hardly uses the phrase YOLO (you only live once) anymore, but many of his fellow Canadians still subscribe to the motto when it comes to their finances.

A new survey from the Financial Planning Standards Council (FPSC) found that 35 per cent of respondents said "they live for today and let tomorrow take care of itself."

Numbers show Canadians really do seem to be living for today, with little thought given to how they will pay for tomorrow. A staggering 40 per cent of the survey respondents said if they lost their job or other main source of income, they would only have enough money to continue paying their living expenses for four weeks or less, and 19 per cent said they would run out of money after just one week.

Kelley Keehn, FPSC's consumer advocate, does not advocate taking a YOLO attitude towards finances. The Gen Xer encourages millennials to start young, and aim to have about six months of living expenses saved up for that inevitable rainy day.

For those looking to pay for some professional help, Keehn suggests going to findyourplanner.ca to find a certified financial planner. There are also many free online tools available, added the author of nine books on finance.

"You really need to have a solid financial plan," said Keehn in a phone interview.

### HAVE SOME PRUDENCE

About one in four respondents to the FPSC survey said they worry "almost constantly" about money. Bridget Eastgaard, 30, used to be no different.

**BY THE NUMBERS**

**40%**

**If they lost their job, 40 per cent of Canadians would only have enough money to live on for four weeks or less.**

**19%**

**According to the Financial Planning Standards Council, 19 per cent said they would run out of money in just one week.**

When the Calgarian was in university her mind was preoccupied with her growing debt. While the millennial was able to land a full-time job shortly after graduation, she didn't know how to dig herself out of about $20,000 of student debt.

"I literally Googled 'how to pay off student loans,'" said Eastgaard in a phone interview.

It turned out she was a quick learner and was able to pay off her debt in just 22 months, by working full time, plus doing tutoring on the side.

She became so passionate about finances that she eventually went back to school to get a degree in finance and now works full time on her business, the blog Money After Graduation.

Fellow millennials Daniel and Emily Teo, also have a passion for finance.

The two engineers/bloggers of the personal finance blog, Urban Departures, use what Daniel, 31, calls "systems."

"We have better things to do with our time, so we set up systems," said Daniel, a dad to two kids under four, in a phone interview.

The systems include having a budget, tracking the budget, looking at the statistics and understanding the trends, explains Daniel. This strategy has worked quite well for the Teos, who over the past decade have paid off their student loans, travelled, and bought property in Toronto.

After paying off her student loans in just 22 months, Calgarian Bridget Eastgaard became passionate about finances. She now runs a blog titled Money After Graduation. CONTRIBUTED

If you happen to be a millennial millionaire like Drake, you can likely live the YOLO motto every day, every day … while a team of professionals manages your substantial finances for the future.

For the rest of us mere mortals it's perhaps wise to amend The Six God's lyrics to: YOLOBYMLFALTSHSFP —You Only Live Once (But You Might Live For a Long Time) So Have Some Financial Prudence.

Not quite as catchy as the original motto, but certainly more practical.

# Don't avoid financial messes you've made

PERSONAL FINANCE

## Move forward by facing fear, embarrassment head on

Gail Vaz-Oxlade
For Metro Canada

**Set aside the excuses you've been using for why you're in a mess, like, "Gail, I want to make things better, but I just don't know where to start. How can I take money out for the jars if I'm always in overdraft?"** ISTOCK

Have you ever seen the movie The NeverEnding Story? The majority of the story takes place in the parallel world of Fantasia, a world being destroyed by The Nothing. As The Nothing creeps across the land, everything is consumed, leaving behind desolation and emptiness. The protagonist is a young warrior, Atreyu, who is charged with finding a way to stop The Nothing.

I've met people who have The Nothing in their lives when it comes to their money. They are living in a miasma of inaction, the desperation of their circumstances paralyzing them.

They're afraid to look too closely at the mess they've made because that'll crystallize just how dire their circumstances really are. Sometimes they feel helpless. They even avoid seeking help because they're too embarrassed by the mess they've made to fess up and get help.

If you're sure that what you're doing now isn't working for you, then it's time to make some changes. For as long as you remain mired in The Nothing, you will be eaten by the misery you're feeling.

Face The Nothing head on and you will not only overcome the fear and the embarrassment, you'll no longer feel helpless. You'll be moving forward.

It won't happen quickly. It'll take time. And effort. It took time to make the mess, so it'll take some serious effort to fix what's broke.

Set aside the excuses you've been using for why you're in a mess, like, "Gail, I want to make things better, but I just don't know where to start. How can I take money out for the jars if I'm always in overdraft?"

I get this question all the time. Hey, does being in overdraft stop you from buying groceries? I don't think so. And that's the money you're putting in the food jar. Using the jars isn't about finding extra money, it's about taking the money you'd normally spend out of the bank (yes, even off your overdraft) and putting it into your jars, then not spending any more than that.

Eventually, if you've done a budget and you're cutting back on your expenses, you'll have the money to pay off that overdraft because you're watching where your money goes and you're focused on getting rid of the overdraft.

Here's another excuse I hear frequently: "I can't figure this out. I just don't really have a brain for money. It's too hard. Where can I go to get someone to help me?" You don't own a pen and a piece of paper? You can't add and subtract?

So many people see the math of money as overwhelming. It isn't. It's Grade 5 math. Seriously. Grade 5. Stop with this excuse!

You can change your life. You can work out your money problems. But you have to want to do it. And you have to be willing to get off your ass and do the hard stuff it takes to figure out where you are and where you want to go.

If you let your sense of being overwhelmed, your lack of time, or your waning willpower get in the way, The Nothing will eat you.

For more money advice, visit Gail's website at gailvazoxlade.com

BARGAINS

## Haggling: The worst they can do is say no

**Few prices are non-negotiable, say veteran bargain hunters like Pete Breese.** ISTOCK

Pete Breese remembers seeing a leather jacket he wanted to buy — but not pay full price for — in a store when he was a teenager, so he asked for a discount and walked away with his new purchase shortly after.

"Ever since then, I realized that you can haggle just about anywhere," he said — and he says he's continued to do it "all the time."

It may seem like haggling is confined to car dealerships, Kijiji sales and travels abroad, but that doesn't have to be the case. Few prices are non-negotiable, say seasoned hagglers, and people shouldn't fear asking for a discount most anywhere so long as they follow the proper bargaining etiquette.

"There's always room," says Mohammed Halabi, director and founder of MyBillsAreHigh.com, which negotiates down the cost of individual and business phone, Internet and TV plans.

The only exceptions, he quips, are gas and hydro bills.

All other companies — like furniture retailers, hotels or electronics dealers — are fair game, he says.

"There's room for those places to, you know, either sweeten up the deal or get a reduction in cost," says Halabi. Instead of a price cut, consumers could ask a hotel for a free upgrade or petition a telecom provider to add in more data without an extra fee.

To secure any deal, though, a customer must first ask for one, and there are some ways to help ensure that goes smoothly.

The best way for someone start a negotiation is for them to mention how much they love an item, says Breese, who now owns Eclectic Revival, a vintage and custom lighting store in Toronto, where it's acceptable to bargain rather than just pay what's scrawled on the price tags.

"When I see somebody being enthusiastic about a piece, (it) is definitely going to soften my heart," he says.

A polite demeanour is also a must. Recently, Breese stopped engaging with a man who repeatedly demanded he sell an item for $100 less than its price after he had already said the most he was willing to drop it by was $75.

On the flip side, trying to bring down the price by pointing out flaws on an antique is likely to backfire, he says, because it could offend the seller, who is likely aware of any nicks already.

But not everyone wants to start a negotiation, and anxiety around haggling is common.

Breese says there's little reason to feel nervous about haggling — a conversation that typically takes only a few minutes in his shop.

"The worst thing they can say is no." THE CANADIAN PRESS

SOCIAL MEDIA

## 'Crazy' to say Facebook influenced election

Facebook CEO Mark Zuckerberg says the idea that fake news spread on Facebook influenced the outcome of the U.S. election is "crazy."

Still, the majority of Americans (six in 10) say they get at least some news from social media, mostly Facebook, according to the Pew Research Center. While a lot of this news comes from established outlets — whether CNN or BuzzFeed News — misinformation spreads on Facebook just as information does, shared by users, recommended by software and amplified by both.

Sources of spurious information have ranged from news articles produced by "content farms" for the sole purpose of getting clicks, to "hyperpartisan" sites from both sides of the political spectrum, churning out stories that are misleading at best.

Case in point: "FBI agent suspected in Hillary email leaks found dead in apartment murder-suicide" — a fabricated headline from a fake news site called the Denver Guardian, was shared thousands of times in the days leading up to the election.

Is it possible that voters were swayed for or against a candidate, much like those same people might buy a product after seeing an ad on Facebook? Zuckerberg says voters deserve more credit.

During an interview Thursday with The Facebook Effect author, David Kirkpatrick, Zuckerberg said the idea that people voted the way they did because of bogus information on Facebook shows a "profound lack of empathy" for supporters of Donald Trump. "Voters make decisions based on their lived experience," he said.

Over the summer, Facebook fired the small group of journalists in charge of its "trending" items and replaced them with an algorithm. The catalyst appeared to be a report in a tech blog, based on an anonymous source, that the editors routinely suppressed conservative viewpoints.

Subsequently, fake stories ahead of the election began to trend.

THE ASSOCIATED PRESS

**Facebook CEO Mark Zuckerberg rejects the idea that fake stories on the social network paved a victory path for president-elect Donald Trump.** LLUIS GENELLUIS GENE/AFP/GETTY IMAGES

JOHANNA SCHNELLER WHAT I'M WATCHING

# The consoling power of art

**THE SHOW:**
**Saturday Night Live, Nov. 12, 2016 (NBC/Global)**
**THE MOMENT: Hallelujah**

Sitting alone at a piano, wearing her trademark white pantsuit, Kate McKinnon, as Hillary Clinton, begins singing Hallelujah, the signature song of Leonard Cohen, who died last week. "Oh, that's a nice tribute to Cohen, and to Clinton," you think. "I didn't know McKinnon could sing so well."

But part of you is waiting for her to do something ironic with the lyrics, maybe in the second verse. As she keeps singing, you realize, "Oh my god, she's doing this straight." And then, "Oh my god, this is really, really moving." Next thing I knew, I was sobbing.

As an American and a woman, this last week has been a terrible one for me. Witnessing Hillary Clinton's heartbreaking, generous, hopeful concession speech, I was in awe of her strength. She wasn't going to be the woman who cried. I cried for her.

Every day since, it hits me how much we've all lost in Clinton's loss. Who knows when we'll see a woman U.S. president now? Who knows what will happen to the planet, with a world leader who doesn't believe in climate change? Who knows what will happen to people outside the mainstream, with a unified government against them?

But watching McKinnon in that pantsuit — and everyone at SNL who navigated this bitter election so well (another highlight: Tom Hanks doing Black Jeopardy) — I never felt luckier to be a liberal intellectual. I may be loathed by many of my fellow Americans. But I'm so grateful for the consoling power of art.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

**Kate McKinnon, as Hillary Clinton, singing Hallelujah, the signature song by Leonard Cohen on SNL.** CONTRIBUTED

LEONARD COHEN

# 'That's the sign of a great songwriter'

There was a time when Leonard Cohen's Hallelujah wasn't even a footnote in the Montreal performer's music career.

The 1984 synth track fumbled its way into release and practically fizzled out, never being promoted as a single.

But it was gradually discovered by performers who eagerly dove into Cohen's lyrical masterpiece and covers began multiplying.

Velvet Underground founding member John Cale was one of the first to reinterpret the song and a cover by the late Jeff Buckley accelerated Hallelujah's meteoric rise from obscurity.

"I couldn't think of any other song that had a trajectory anything like what happened with the phenomenon of Hallelujah," says Alan Light, author of The Holy or the Broken: Leonard Cohen, Jeff Buckley, and the Unlikely Ascent of Hallelujah."

Light adds the song went on to develop incredible range despite its deep lyrics.

"(It's) a song that people sing at funerals and they sing at weddings; that they sing in great celebration in the way he initially intended it — the opening of the Olympics — or it's very melancholy and it's very solitary and sad in the way it gets used in a lot of movies and TV shows."

Hallelujah became a staple of network TV shows like The West Wing, The O.C. and ER when producers wanted to evoke a certain spiritual tone.

Vocal group the Tenors credit the song with helping define their careers. "We've used it in many of the biggest moments we've experienced," says singer Fraser Walters, pointing to an appearance on Oprah where they sang it alongside Celine Dion.

Walters credits Cohen's astute lyrical ability for giving Hallelujah a nuance that let it be reinterpreted countless times over.

"That's the sign of a great songwriter," he says. "Even though there might be some personal messages in there for Leonard himself, people were able to make it their own. The melody is hauntingly beautiful."

THE CANADIAN PRESS

**FAMILY**

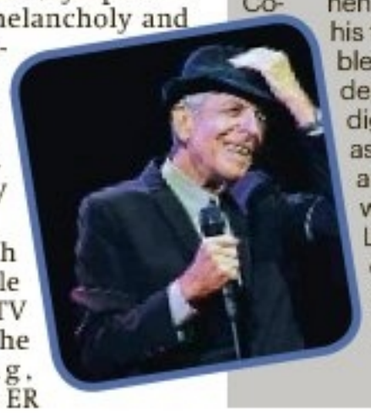
**Cohen's son grateful to fans**

Leonard Cohen's son is thanking the public for the outpouring of affection that followed the death of his father.

In a Facebook post, Adam Cohen paid tribute to his father's "unique blend of self-deprecation and dignity" as well as his charisma and vast body of work.

Leonard Cohen died in his home in LA last week at age 82.

THE CANADIAN PRESS



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metro SPORTS

Borussia Dortmund's Hans-Joachim Watzke says "it was no joke" and "not a marketing move" to have Usain Bolt practise with the Bundesliga team

**Senators goaltender Craig Anderson makes a glove save as defenceman Chris Wideman deals with the Wild's Zack Mitchell at Canadian Tire Centre on Sunday.** JANA CHYTILOVA/FREESTYLE PHOTOGRAPHY/GETTY IMAGES

# Wild side bests Sens

NHL

## Minnesota's Dumba tallies winning goal in overtime

SUNDAY In Ottawa

| 2 | 1 |
|---|---|
| WILD | SENATORS |

Matt Dumba scored the overtime winner as the Minnesota Wild defeated the Ottawa Senators 2-1 on Sunday night.

Ryan Suter scored a shorthanded goal for the Wild (8-6-1) as Darcy Kuemper made 35 saves in his third start of the season.

Once again Craig Anderson, who stopped 40 shots, had to come up big for the Senators (9-5-1) as Kyle Turris had the lone goal.

The Wild were playing their third game in four nights as it concluded a four-game road trip, but was clearly the better team as the Senators looked disorganized for much of the night.

Trailing 1-0 to start the third Turris finally got Ottawa on the board at 5:06 of the period as he beat Kuemper far stick-side with a wrist shot giving some life to the 14,265 on hand at Canadian Tire Centre.

Guy Boucher's decision to dress seven Senators defencemen paid off as Marc Methot left the game after the first period with a lower-body injury and did not return.

Ottawa continued to struggle in the second and Anderson was left to clean up. He made huge saves on Nino Niederreiter and Erik Staal to keep the game 1-0.

Despite having played the night before, the Wild were clearly the better team in the opening period creating a number of scoring chances.

The Senators had three power-play opportunities and struggled to create offence, a common refrain for the team as of late. Ottawa was 0-for-4 on the night with the man advantage.

The Wild made the Senators' power play look even worse when they scored short handed. Staal got off a shot and Suter was there for the rebound.

THE CANADIAN PRESS

CFL PLAYOFFS

## Eskimos boot Ticats out of post-season

Sean Whyte's nine-yard field goal with seven second remaining earned the Edmonton Eskimos an exciting 24-21 East Division semifinal win over the Hamilton Tiger-Cats on Sunday.

Whyte's game-winning boot came after Kenny Ladler intercepted Hamilton starter Zach Collaros at the 20-yard line. But Whyte got the chance for his kick because running back John White recovered his own fumble at the Hamilton 25-yard line for a five-yard loss.

White made up for it with a 23-yard run, putting Edmonton at the Hamilton two-yard line with 34 seconds to play.

White scored TDs on Edmonton's opening two possessions and ran for over 160 yards as an effective counter to the stiff southwest 25-35-km/h wind.

EAST SEMIFINAL

| 24 | 21 |
|---|---|
| ESKIMOS | TICATS |

That's no accident as the Eskimos boasted the CFL's second-leading ground attack this season (103.7 yards per game).

Edmonton will visit the Ottawa Redblacks in the East Division final next weekend. The winner will represent the conference in the Grey Cup game Nov. 27 in Toronto.

Edmonton (10-8) was fourth in the West Division but earned the crossover after posting a better record than third-place finisher Montreal (7-11).

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SPEEDSKATING

## Blondin earns gold with narrow victory

Canadian speedskater Ivanie Blondin won gold in the women's mass start event on Sunday at ISU long track World Cup in Harbin, China.

Blondin, of Ottawa, finished first by 15 hundredths of a second over Italy's Francesca Lollobrigida. South Korea's Bo-Reum Kim was third. Quebec City's Beatrice Lamarche, skating in her first World Cup, was 19th.

Blondin's medal was her second of the weekend. She also won bronze in Friday's 3,000 metres.

"I felt really pumped. I knew I had it in me. I just had to come up with the perfect strategy," said Blondin. "The last lap, I actually went a little bit earlier that I would normally have, to surprise the others and have a head start on them.

**Ivanie Blondin** GETTY IMAGES FILE

"I didn't really have a race plan going into it. I was just planning to feel things out. Knowing that I had good speed like I had in the 1,000 metres, I knew I was capable of beating all the other skaters at the line. I just went for it and ended it pretty well."

In the men's mass start, Toronto's Jordan Belchos was fourth. South Korea's Seung-Hoon Lee won gold.

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NFL

## Chiefs rally to win fifth straight game

**The Chiefs' Cairo Santos celebrates with teammate James Winchester after kicking a game-winning field goal.** STREETER LECKA/GETTY IMAGES

The Kansas City Chiefs keep finding unique ways to win.

Marcus Peters stripped Kelvin Benjamin with 20 seconds left, Cairo Santos kicked a 37-yard field goal as time expired, and the Chiefs overcame a 17-point deficit to top the Carolina Panthers 20-17 on Sunday.

The game was tied when Benjamin caught a 14-yard pass from Cam Newton at his own 34. Peters ripped the ball from his arms and returned it to the Carolina 24.

Santos' fourth field goal of the day split the uprights, lifting the Chiefs (7-2) to their fifth straight victory.

THE ASSOCIATED PRESS

### IN BRIEF

**Hamilton prevails in Brazil, forces showdown for title**

Three-time series champion Lewis Hamilton won Sunday's rain-delayed Brazilian Grand Prix in Sao Paulo, forcing a showdown for the season title with Mercedes teammate Nico Rosberg in Abu Dhabi in the finale in two weeks.

Rosberg could have claimed his first F1 title by winning on Sunday, but finished second instead.

THE ASSOCIATED PRESS

**Canada crushed by Spain in opener of U20 World Cup**

Canada got off to a poor start at the FIFA women's under-20 World Cup, suffering a 5-0 loss against Spain in Group B play on Sunday in Port Moresby, Papua New Guinea.

Canada's next game is Wednesday against Nigeria.

Spain was runner-up to Sweden in European qualifying for the 16-team world championship.

THE CANADIAN PRESS

# RECIPE Artichoke and Spinach Lasagna Roll-ups

PHOTO: MAYA VISNYEI

**Ceri Marsh & Laura Keogh**
For Metro Canada

You just won meatless Monday with brilliantly easy and gooey dish.

**Ready in 55 minutes**
Prep time: 25
Cook time: 30
Serves 6

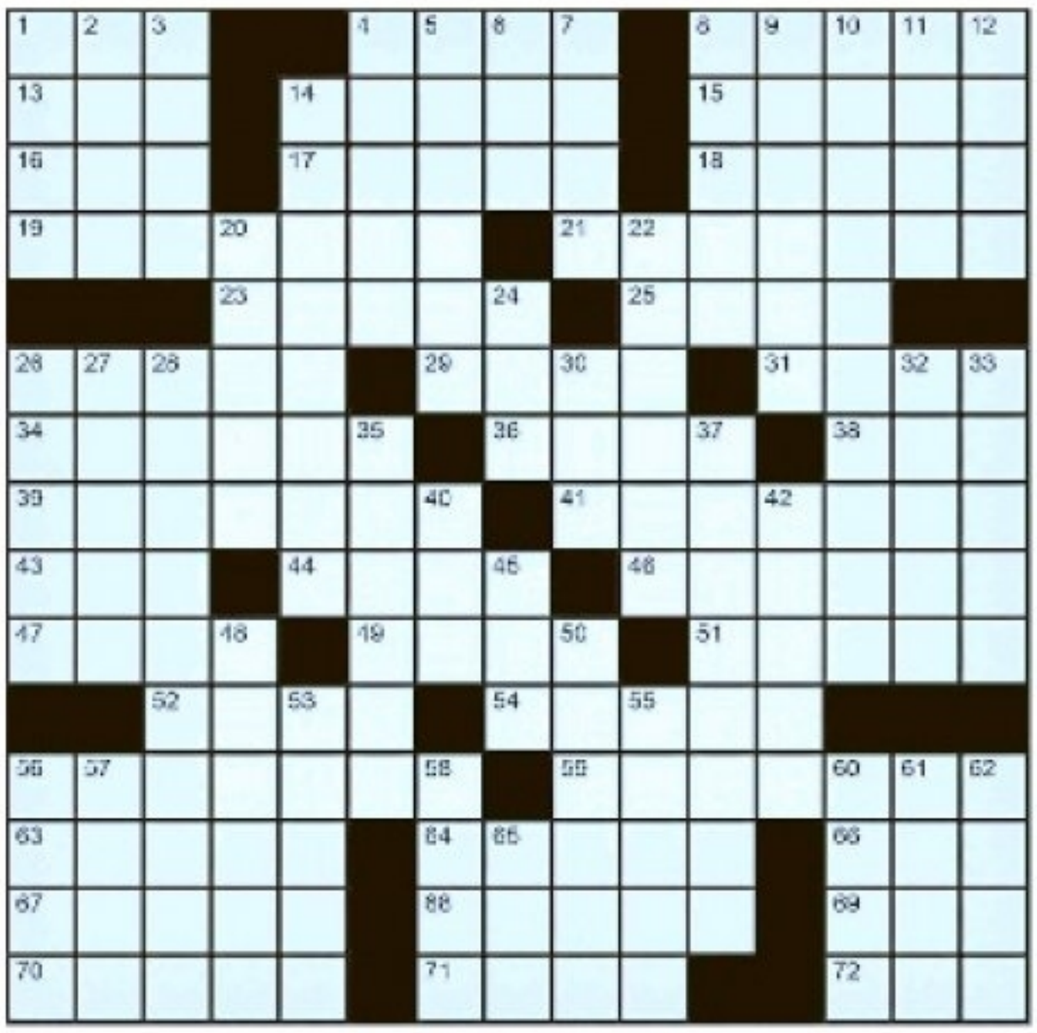
**Ingredients**
- 1 box (13.25 oz) lasagne sheets, fresh, pre-cooked or cooked
- 2 cups tomato sauce
- 2 cups fresh baby spinach
- 2 cups ricotta cheese
- 1 cup grated Parmesan
- 1/2 to 1 (6 oz) jar artichoke hearts, drained
- 1 egg
- 1/2 tsp salt
- 1 cup grated Fontina cheese, divided
- 1 cup grated mozzarella cheese

**Directions**
**1.** Preheat the oven to 350. Ladle thin layer of sauce on bottom of a 9' x 13' inch baking dish.
**2.** In food processor, add spinach, ricotta, Parmesan, artichoke, egg and salt and process until you have a creamy mixture.
**3.** Create a rolling station by laying noodles out on a flat surface (lined with parchment) and mix Fontina and mozzarella in a bowl. Take a heaping Tbsp ricotta mixture and create a thin layer across the entire lasagna noodle. Sprinkle with Fontina and mozzarella mix.
**4.** Gently roll up noodle from one end to the other. Place roll-up seam side down in the prepared baking dish and repeat until all the lasagna noodles are filled.
Pour more tomato sauce over the tops of the lasagna roll-ups and sprinkle with remaining Fontina and mozzarella mix.
**5.** Loosely cover the baking dish with aluminum foil, and bake for 15 minutes. Remove foil, bake for another 15 minutes. Garnish with parsley if desired.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

# CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



**ACROSS**
1. "Quite delicious!"
4. Filmdom's Cameron
8. Significant
13. Neil Young's "I __ Child"
14. Mushrooms
15. Valley in Ontario depicted by The Group of Seven
16. CEO's deg.
17. NFL player in Baltimore
18. Grateful Dead's "__ Jones"
19. "If I Needed __" by The Beatles
21. Milk containers
23. Hagar the Horrible's dog
25. "Walking in Memphis" by Marc __
26. Sunday's supper
29. Wrongdoing, in law
31. Amongst
34. Bring about
36. Newbie
38. __ pedestal
39. The entire 12 months: 2 wds.
41. Factory job
43. "Case of the Ex" songstress
44. Ontario: 16 Wing Borden, the 'Birthplace of the ____'
46. Rock band, Faith __
47. Gus Van __ (Director)
49. Radiohead frontman Mr. Yorke
51. Hoodwinks
52. Ms. Hatcher
54. Beau __ (Gracious action)
56. Popeye's craving
59. Plucks one's eyebrows
63. Berry from Chile
64. Justin Bieber mentor
66. Sept., __., Nov....
67. Driving about-face
68. Crucifixes
69. Surprised shout!
70. Clarified butters
71. Sassiness, in slang
72. Broom alternative

**DOWN**
1. Tuber servings
2. Shield's centre knob
3. Polite address for a lady
4. 1958: "Rebel-'Rouser" by __ Eddy
5. Reverse
6. 'Pass' suffix
7. Atomic Number 30
8. Prefix to 'biotic' (Type of diet)
9. Mystery writer Ms. Christie
10. American actor who stars on #14-Down (Trivia! He played Khal Drogo on "Game of Thrones"): 2 wds.
11. Mr. Reeves, Outdoor & Garden Expert on "The Marilyn Denis Show"
12. Liotta and Romano
14. New original scripted series on Discovery Canada set during the 1700s fur trade of the New World
20. English class assignment
22. TV show like #14-Down, __/Adventure
24. High society, Bon __
26. Paper quantities
27. Songbook standard: "It's __ Paper Moon"
28. East Coast ocean, en francais
30. Brit. fliers
32. Arm-__-__
33. Comedian Mr. Cook's
35. Exerciser's acid in muscles
37. Icing-on-cakes appliers
40. "Yahoo!"
42. Host an event
45. Lighthouse aura
48. Time on the job
50. Manner
53. Claude of "Casablanca" (1942)
55. Ingrid Bergman, for one
56. Self-satisfied
57. Route
58. John of "The Elephant Man" (1980)
60. Move quickly
61. Canyon feedback
62. Discontinue
65. Old French coin

# IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

**Aries** March 21 - April 20
Because of the Full Moon, it's a crazy day with regard to spending money. Spend money on gas or food only. Take it easy. (It's for your own good.)

**Taurus** April 21 - May 21
Today the only Full Moon in your sign all year is taking place, which is why relations with others might be tough. Don't make any important decisions.

**Gemini** May 22 - June 21
There's no question that this is a crazy day at work. Chalk it up to the energy of the Full Moon. Easy does it. Postpone important decisions until tomorrow.

**Cancer** June 22 - July 23
This is a curious day. It's a Full Moon day; however, it's also a creative day, especially for artists. Nevertheless, be patient with your kids.

**Leo** July 24 - Aug. 23
Some Full Moons are easier than others. This isn't one of them. Be very careful when dealing with family members, as well as bosses, parents and VIPs.

**Virgo** Aug. 24 - Sept. 23
This is an accident-prone day for you because of the Full Moon energy. It just means that you could be distracted because of anger or even laughter. Pay attention.

**Libra** Sept. 24 - Oct. 23
This is a very poor day to make important decisions about inheritances or how to divide or share something. Postpone this kind of decision until tomorrow.

**Scorpio** Oct. 24 - Nov. 22
Relations with partners and close friends will be dicey, because today the only Full Moon opposite your sign all year is taking place. This creates stress on your relationships with others. Have patience.

**Sagittarius** Nov. 23 - Dec. 21
Things are a bit haywire at work today. Just do the bare minimum. Do not make any important decisions and do not volunteer for anything. Tomorrow is a better day.

**Capricorn** Dec. 22 - Jan. 20
Romantic relationships might be strained today because of the Full Moon's energy. Don't take anything seriously. Be patient, forgiving and affectionate.

**Aquarius** Jan. 21 - Feb. 19
This is a tough Full Moon for your sign because you are caught between the demands of home and family versus the demands of your job and your reputation.

**Pisces**
Feb. 20 - March 20
Pay attention to everything you say and do today, because the Full Moon energy can make this an accident-prone day. Be alert.

**CONCEPTIS SUDOKU** by Dave Green

Every row, column and box contains 1-9

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